

# Food Record Worksheet for Sample

What's the  
**Right  
Amount**  
of food?

Write down everything you eat and drink for the day to include breakfast, lunch, dinner, drinks, and snacks. **Record food and amount only**—complete the rest in class.

Foods Eaten	Amount	Grains	Vegetable	Fruit	Milk	Meat	Other
<b>Breakfast</b>							
Honey Oh's Cereal	1 cup	1 ounce					
Non-fat milk	1/2 cup				1/2 cup		
Apple Juice	1 cup			1 cup			
<b>Lunch</b>							
Peanut butter & jelly sandwich	1 whole	2 ounces				1 ounce	
Pretzels	1 bag	1 ounces					
Non-fat milk	1 carton				1 cup		
Chocolate chip cookie	1						1
<b>Dinner</b>							
Taco with meat, cheese	2				3/4 cup (cheese)	2 ounces (meat)	
Taco shells	2	2 ounces					
Salsa	1/2 cup		1/2 cup				
Chocolate milk	1 cup				1 cup		
<b>Snacks</b>							
Apple slices with caramel dip	1 apple + 2T caramel			1 cup			1
Popcorn	3 cups	1 ounce					
<b>Total</b>		7 ounces	1/2 cup	2 cups	3 1/2 cups	3 ounces	2
<b>Amount Recommended</b>		5-7 ounces	1 1/2 - 2 1/2 cups	1 1/2 cups	3 cups	4-6 ounces	limit

Developed by: Denise Zimmer, RD, Eat Smart Be Smart Guide: Lesson Fifth—What's the Right Amount of Food?

**Eat Smart Be Smart**  
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